

FACS Exploration

Levels: 7-8

Units of Credit: .5

CIP Code: 20.0101

Prerequisite: TLC

COURSE DESCRIPTION

FACS Exploration —(.5 credit) This course provides students the opportunity to learn essential life skills. It allows them to develop skills in food and nutrition, childcare and safety, interior design, clothing construction and style, consumerism, family relationships, personal responsibility, and job-related tasks. Student leadership (FCCLA) may be an integral part of the course.

CORE STANDARDS, OBJECTIVES, AND INDICATORS

STANDARD

20.0101-01 Students will identify and discuss social and financial skills need to develop personal independence and interpersonal relationships.

OBJECTIVES

20.0101-0101 Identify how skills needed to develop and strengthen interpersonal relationships.

National Standard 13.1, 13.3

- Identify traits needed to develop friendships
- Examine the effect of personal characteristics on relationships
- Example the effect of self-esteem and self-concept on relationships
- Define positive and negative peer pressure.
- Recognize the importance of developing supportive friendships.
- Recognize characteristics for responsible and supportive family relationships.

20.0101-0102 Discuss values, goals, decision-making and personal responsibility.

National Standard 2.1, 13.1, 13.6

- Differentiate between wants and needs.
- Identify personal values and goals and the effect upon decisions.
- Apply the decision-making process to personal life.
- Explain the impact of personal standards and codes of conduct on interpersonal relationships.

20.0101-0103 Discuss personal financial responsibility and wise consumer purchases.

National Standard 2.1, 2.6, 3.3

- Discuss the time value of money
- Examine the cost of credit
- Compare the cost and quality of various purchases.
- Apply decision-making skills to financial decisions.
- Examine the influence of advertising and peer influence on purchasing decisions

20.0101-0104 Identify challenging times and strategies for adapting and coping.

National Standard 13.4

- Identify challenging times for teens their friends and family members.
- Recognize physical and emotional changes that can occur during challenging times.
- Identify positive strategies for adapting to change and coping.
- Recognize support systems within families, extended family, and community to assist teens with challenging times.

STANDARD

20.0101-02 Students will be introduced to housing and interior design.

OBJECTIVES

20.0101-0201 Discuss the uniqueness of the place where one lives and its importance.

20.0101-0202 Discuss the basic elements and principles of design.

National Standard 11.6

- Describe the effect of color on shape, size, feelings, and moods
- Identify color preferences and combine color combinations to form color schemes

20.0101-0203 Discuss how interiors are affected by furniture arrangements and traffic patterns.

National Standard 11.3

- Using a floor plan and templates, arrange furniture for an apartment or home
- Discuss the traffic patterns developed by furniture arrangement

20.0101-0204 Identify careers related to housing and interior design.

National Standards 11.1, 11.8

STANDARD

20.0101-03 Students will discuss and participate in activities regarding childcare.

OBJECTIVES

20.0101-0301 Review the responsibilities of childcare providers: safety hazards, accident prevention, emergency situations, child abuse and how to deal with it.

National Standards 4.4.1, 4.4.5, 4.4.7

20.0101-0302 Differentiate between negative and positive methods of guidance for children.

National Standard 4.5.3

20.0101-0303 Describe the value of play.

- Identify age appropriate activities that promote creative play
- Identify safety guidelines for children

20.0101-0304 Plan a food experience that appeals to children, promotes good eating habits, and follows the guidelines for preparing foods for children.

20.0101-0305 Discuss the management and physical arrangement of a childcare lab.

National Standards 4.3.5

20.0101-0306 Participate in hands-on experiences.

National Standard 4.3

- Select a theme, games, snacks, stories, fingerplays, art project, and science or sensory projects to use in the lab
- Role play and practice activities for the lab
- Apply positive guidance methods in handling the children
- Observe the developmental stages of the children
- Evaluate the laboratory experience

20.0101-0307 Identify childcare related careers.

National Standard 4.1

STANDARD

20.0101-04 Students will discuss and participate in hands-on activities related to textile technology.

OBJECTIVES

- 20.0101-0401 Demonstrate the ability to use and care for the sewing machine.
National Standard 16.4.1
- Learn the parts of the sewing machine and their functions
 - Change a needle in the sewing machine
 - Thread the sewing machine
 - Wind and insert a bobbin into the sewing machine
- 20.0101-0402 Follow safety standards when using and identifying small sewing equipment: scissors/shears, rotary cutter and mat board, pins, hand needles, seam gauge, tape measure, seam ripper, and iron.
National Standard 16.4.1
- 20.0101-0403 Demonstrate the ability to use and care for the serger and other specialty sewing machines.
National Standard 16.4.1
- 20.0101-0404 Learn to use a sewing pattern.
National Standard 16.4.5
- Identify information found on a sewing pattern
 - Determine body measurements
 - Identify various pattern markings
 - Identify the fold, lengthwise and crosswise grain of the fabric
 - Correctly lay a pattern onto fabric
 - Correctly pin and cut a pattern from fabric and transfer pattern markings
- 20.0101-0405 Learn basic sewing techniques constructing a sewing project: seam allowances, backstitch, pivot and miter, seam finishes, casing, machine rolled hem, top stitch, button hole, attach a button, and pressing/ironing techniques.
National Standards 16.4.1, 16.4.5
- 20.0101-0406 Explain the meaning of fashion.
National Standards 16.2.5, 16.3, 16.4, 16.5
- Discuss how fashion is used as a means of personal communication and expression of one's self
 - Discuss brand names, advertising and how they affect buying
 - Learn proper laundering techniques
- 20.0101-0407 Students will identify careers related to clothing and textiles.
National Standard 16.4.1

STANDARD

20.0101-05 Students will identify and discuss the importance of food and nutrition through class activities and lab experiences.

OBJECTIVES

- 20.0101-0501 Review the basics of lab management and safety procedures: sanitation, measuring, altering recipes, table setting and mealtime manners, basic utensils and their use, food preparation terms and procedures, labeling.
National Standard 8.2.
- 20.0101-0502 Identify safety and care-related issues concerning appliances.
National Standard 8.3
- Exercise standard safety operating procedures
 - Discuss energy conservation practices that are related to food preparation

20.0101-0503 Students will discuss and analyze basic nutrition information.
National Standard 14.3.1

- Review the six basic nutrients for function
- Identify food sources for the six basic nutrients
- Discuss the RDA

20.0101-0504 Study the Dietary Guidelines and/or Food Guide Pyramid:
National Standard 14.3.1

- AIM for fitness: aim for a healthy weight, be physically active each day
- BUILD a healthy base: let the pyramid guide your food choices; choose a variety of grains daily, especially, whole; choose a variety of fruits and vegetables daily; keep food safe to eat
- CHOOSE sensibly: choose a diet that is low in saturated fat and cholesterol and moderate in total fat; choose beverages and foods that limit your intake of sugars; choose and prepare foods with less salt; if you drink alcoholic beverages, do so in moderation

20.0101-0505 Prepare simple foods following the dietary guidelines and food guide pyramid.

20.0101-0506 Identify careers related to the food service industry.
National Standard 8.1

STANDARD

20.0101-06 Students will learn the basics of the free enterprise system.

OBJECTIVES

20.0101-0601 Discuss employment preparation.
National Standard 1.2

- Identify characteristics of a good employee
- Complete a job application
- Complete a mock job interview
- Discuss how social skills are helpful in obtaining and maintaining a job

20.0101-0602 Complete a free enterprise experience.

- Select a product or service to sell
- Complete a market survey
- Design packaging for the product
- Establish a price for the product
- Conduct an advertising campaign
- Produce and sell the product
- Evaluate the effectiveness of the process